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Roughriders GM pleads guilty to assault

REGINA The general manager of the Saskatchewan Roughriders wiped tears from his eyes as he stood in court yesterday and apologized for sexually assaulting a teenage girl who was babysitting his two children.

Eric Tillman pleaded guilty to the encounter, which happened in the summer of 2008 when the girl was 16 years old, blaming his actions on taking too much medication for a bad back.

"I would like to first and foremost apologize to (the teen)," said a tearful Tillman.

The defence argued for an absolute discharge. The Crown did not oppose a discharge of some kind, but said it's up to the court to consider whether it should be absolute or conditional. Judge Murray Hinds was to hand down a sentence today.

THE CANADIAN PRESS

TIM WIECLAWSKI/METRO OTTAWA

Two minutes after the city began accepting nomination papers for the 2010 municipal election, Bay Ward Coun. Alex Cullen was the first to enter the mayoral race yesterday. Several early birds also threw their hats into the ring for council spots.

The race is on

Cullen first out the gate in mayoral campaign

TIM WIECLAWSKI
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Bay Ward Coun. Alex Cullen officially became the first candidate to enter the mayoral race in 2010 yesterday, announcing a platform of transit, transparency, and "reasonable" tax increases.

Cullen has made no secret of his intentions to run for mayor. He spoke about his plans last summer.

Under his administration, Cullen promised, residents could expect tax increases that are "as close to inflation as you can get."

"What citizens want is value for their tax dollars," he said. "What I'm talking about are reasonable costs."

Transparency would be a key issue in his administration, insisted Cullen. He wants to create a municipal lobbyist registry so the public is aware who is speaking with councillors about the city's $2 billion budget.

He said he would also move forward with the city's current $2.1-billion light rail rapid transit plan. He also said that there would not be another transit strike under his administration.

Even though city council is expected to vote on it in June, Cullen predicts the Lansdowne Partnership Plan will be an election issue. He is not in favour of the plan, since he said it is not a good location for a stadium, among other reasons.

While refusing to absolutely rule out returning to Bay Ward if it the polls were not going well, Cullen said his full intention is to have his name on the ballot for mayor on Oct. 25.

"It's time to move up and I think I have the qualities to do the job," he said.

Cullen described Mayor Larry O'Brien as "a weak mayor" who "did not have the all tools to do the job."

O'Brien's notion that the city could maintain services without raising taxes was not fair to the general public, he said.

An announcement from O'Brien as to whether or not he will run again is not expected this week.

Ottawa West-Nepean MPP and former mayor of Ottawa Jim Watson is rumoured to be interested in the mayor's seat, but has not made any decisions about his political future.

Council nominations

- A councillor and several Ottawa residents have announced their candidacy in the 2010 municipal election. Coun. Bob Monette is seeking re-election in Orleans, while Allan Hubley is running in Kanata-South; Scott Moffat in Rideau-Goulbourn; Stephen Blais in Cumberland; Tim Tierney in Beacon Hill-Cyrville; and Georges Guirguis and Mark Taylor in Bay Ward.

METRO OTTAWA

Flu clinics to reopen doors

TRACEY TONG
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Flu Outbreak

After vaccinating about 50 per cent of the city's population before Christmas, Ottawa's H1N1 clinics are back.

Starting tomorrow and running through Feb. 10, Ottawa Public Health will offer its roving clinics.

While associate medical officer of health Dr. Nadine Sicard said Ottawa is past the peak of the second wave of the pandemic flu, Ottawa Public Health is still encouraging people to get the vaccine, and expects to vaccinate between 1,000 and 1,500 people per day.

"The virus is still in circulation here in Ottawa." Dr. Nadine Sicard

While the original goal was to vaccinate about half of the population, the city needs to vaccinate 70 to 80 per cent to significantly decrease transmission, said Sicard.

Although the city is seeing "transmission at a lower rate," Sicard said, "we're still seeing some flu activity. The virus is still in circulation here in Ottawa."

One person was hospitalized in connection with H1N1 over the holidays.

Seasonal flu shots will also be available at the clinics, to be held at Sacred Heart Catholic High School, École élémentaire catholique Jean-Robert-Gauthier and Brookfield High School from 3:30 to 8:30 p.m. tomorrow. The schedule is available at www.ottawa.ca.

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

- Today – A look at five medal hopefuls, page 10.

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Local

Tailgating, failure-to-stop crackdown

Ottawa police are cracking down on tailgaters and drivers who do not obey stop signs this month. In 2007, tailgating caused 4,716 rear-end collisions — the most frequent type of collision accounting for one-third of Ottawa's total collisions — resulting in four deaths and 1,470 injuries. In the same year, failure to stop at stop signs caused 1,666 reportable collisions, resulting in eight deaths and 588 injuries. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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News in brief

SKATING Rideau Hall's skating rink is now officially open to skaters for the winter season. The general public can use the rink for recreational skating from noon to 5 p.m. on Saturdays and Sundays.

METRO OTTAWA

metronews.ca
What's online today.

Video Roughriders general manager Eric Tillman pleads guilty to sexually assaulting a teenage girl

Blogs Kenya Hunt on Fantastic Mr. Fox director Wes Anderson's fantastic sense of fashion

Lotteries

Ontario Pick 3: 3 4 4; Ontario Pick 4: 9 0 4 0
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These results are not official.

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TRACEY TONG/METRO OTTAWA

City waste collection operator Terry Jones picks up a green bin from a residence on Helena Street yesterday, when residents began rolling their green bins out to the curb. The program, which will turn the organic material into compost, is expected to extend the lifespan of the city's two landfill sites.

New year starts green

Collection begins for city's organic bin program

TRACEY TONG
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Ottawa residents with environmental goals on their resolution lists started the year off right yesterday.

Thousands of households rolled their green bins out to the curb, right next to their blue and black boxes — and noticeably smaller bags of trash — yesterday as the city launched its green bin collection.

"It's a new program, so we weren't expecting everyone to have the bin out on the very first day," said manager of solid waste operations for the City of Ottawa Marilyn Journeaux.

But over the next month, the city is expecting the participation rate to rise, she said.

A survey of Ottawa residents found 70 per cent were interested in this program, Journeaux said.

Once the green bins have been collected, the organic material will be processed and turned into compost.

"There will always be some resisters that will never do it," said Coun. Christine Leadman, who helped pilot the program last year. "But like any recycling program ... people will eventually embrace this," she predicted.

Depending on the level of participation, the program will have an impact on the life of the city's two landfill sites, Journeaux said.

"I can see that it will make a really big difference in our household garbage," said city resident Catherine Moore.

"It's just a matter of training yourself to do it," said Pierre Sirios.

WITH FILES FROM TIM WIECLAWSKI

In stages

- Late last year, the city delivered just over 220,000 green bins to single-family homes. Over the next 12 months, the city will roll out the bins to higher density townhouses and in 2011, will look at implementing green bins in apartment buildings.

Thousands of officers expected at funeral

Thousands of police officers from across North America are expected to attend the funeral for slain Ottawa Police Const. Eric Czapnik Thursday.

The Ottawa Police Service and the Ottawa Police Association are finalizing details for Czapnik's funeral procession. The coffin is expected to travel from Carleton University down Sunnyside Avenue then down Bank Street to Lansdowne Park for the funeral service at 1:30 p.m.

Czapnik, 51, was killed on Dec. 29 while sitting in his cruiser outside the Civic Hospital.

Kevin Gregson, a 43-year-old suspended RCMP officer, will appear in court on Thursday charged with first-degree murder.

TIM WIECLAWSKI/METRO OTTAWA

Donations

- Czapnik was a married father of four children. Donations for the children can be made at all Scotiabank branches in Canada to account No. 400060117811 — in trust.
- The Czapnik family has requested donations to the Ontario Police Memorial Foundation (OPMF Charity No. 868 395575 RR0001) in lieu of flowers.

Twelfth Night Celebrations

TRACEY TONG/METRO OTTAWA

A Company of Fools' Scott Florence, left, and Margo MacDonald rehearse a scene from the annual Twelfth Night Celebrations, to be held at the National Arts Centre's Fourth Stage tonight. The celebration, the company's season launch, also features past season highlights and gives a sneak peek of the upcoming season.

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Ontario, Michigan fight Illinois over Asian carp expansion
Ontario has filed a motion supporting the state of Michigan's legal fight against Illinois in their alleged failure to control the spread of the voracious Asian carp. Michigan wants Illinois to close the Chicago shipping locks to prevent a potential ecological disaster if the fish spread into the Great Lakes. TORSTAR NEWS SERVICE

Canada

Murrin plans another lawsuit

Shannon Murrin, left, says he will use some of the money he was awarded in an out-of-court settlement with the RCMP to take legal action against another police agency, the Royal Newfoundland Constabulary, CBC News Online reports. Murrin recently settled a lawsuit in British Columbia in which he claimed a former RCMP officer had him beaten to get a murder confession out of him in connection with the death of Mindy Tran. METRO NEWS SERVICES

Obama wary of Tories in '08 run: Book

NAFTA Barack Obama's presidential campaign suspected "dirty tricks" by Prime Minister Stephen Harper's Conservative government during the 2008 NAFTA-gate controversy, a new book alleges.

David Plouffe, Obama's campaign manager, is critical of Harper's administration for its role in a damaging affair that "caused us to limp, if not bleed" into the March 4, 2008 Ohio primary. Despite winning one of the most improbable victories in U.S. presidential history, NAFTA-gate — colourfully described as a "s— sandwich" — remains a sore point with Plouffe.

Ottawa has yet to comment on the charges in Plouffe's book.

TORSTAR NEWS SERVICE

Pair defect from Stelmach

Two Alberta MLAs leave ruling Tories for Wildrose Alliance

Historic cracks have appeared in Alberta's Tory political dynasty.

For the first time in the party's 38 consecutive years in power, two Progressive Conservatives have willingly crossed the floor — to join the upstart Wildrose Alliance.

The two are former cabinet minister Heather Forsyth from Calgary and backbencher Rob Anderson, who represents the Airdrie-Chestermere constituency north and east of the city.

The move is a boon for the fledgling right-wing Wildrose, which had only one seat in the legislature, but has been polling ahead of Premier Ed Stelmach and his massive Tory majority in recent weeks.

JEFF MCINTOSH/THE CANADIAN PRESS

Wildrose Alliance Leader Danielle Smith, left, looks to her two new colleagues at a news conference by former Conservative party MLAs Heather Forsyth, right, and Rob Anderson after the two announced their defections from the Alberta Conservative party to the Wildrose Alliance in Calgary, yesterday.

"It's clearly a decision being made on principle," said Danielle Smith, the charismatic and telegenic Wildrose leader, whose profile has pushed the party to the forefront of the Alberta political scene.

"Let me be blunt. For any PC to abandon the perks, the prestige and the security from a governing caucus of 70 to join a caucus of one in a party that is still not quite two years old, well, that would require a level of courage and commitment to principle that is rarely seen in politics."

Forsyth, former solicitor general and minister of children's services, has been at odds with the premier since he dumped her from cabinet after the last provincial election in 2008.

Anderson was only elected in 2008, but was considered an up-and-comer by many in the Conservative party.

He said he was tired of not having his views heard.

THE CANADIAN PRESS

HIV travellers allowed in U.S.

BAN Canadians infected with HIV are once again free to enter the United States.

Yesterday officially marked the end of a 22-year-long entry ban that prohibited HIV patients from entering or travelling through the U.S. without a special waiver.

U.S. President Barack Obama announced the end of the ban last October.

The ban was initially put in place to discourage the spread of the virus.

THE CANADIAN PRESS

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Recent reforms mean proroguing Parliament won't kill a bill to scrap the gun registry, or much else. Scan this barcode for the full article.

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Kenyan police: Suspect in cartoonist case was on watch list
Kenyan authorities say they had arrested a man now charged with attempting to kill a Danish cartoonist earlier this year, adding he was on a terror watch list. THE ASSOCIATED PRESS

5

World

Security remains the same at some airports

On the first day of what was supposed to be tighter screening ordered by the U.S. for airline passengers from certain countries, some airports around the world have conceded they had not cracked down.

The U.S. demanded more careful screening for people who are citizens of, or are flying from, 14 nations deemed security risks. But enforcement of the American rules appeared spotty yesterday.

"Everything is the same. There is no extra security," said an aviation official in Lebanon, one of the countries on the list. The official spoke on condition of anonymity because he was not authorized to speak publicly.

The administration of President Barack Obama ordered the changes after what authorities say was a failed attempt by a Nigerian man to blow up a jetliner bound from Amsterdam to Detroit on Christmas Day.

> **"Everything is the same, there is no extra security."**
> Lebanese aviation official

The U.S. Transportation Security Administration said the enhanced screening techniques would include full-body pat-downs, searches of carryon bags, full-body scanning and explosive-detection technology.

In Nigeria, one of the nations on the U.S. list for additional security, there were long lines on the first day of the new rules. At the airport in the capital of Lagos, Mine Oniovosa, a 24-year-old student, said she had been told to show up more than seven hours ahead of time for a flight to Atlanta.

But at international airports in Lebanon, Syria and Libya, all on the list, there were no visible changes in screening.

THE ASSOCIATED PRESS

m.metronews.ca

New decade, old fears as frequent travellers resign themselves to tight security and random searches. Scan this barcode for the full article.

South Korea **Socked by snow**

LEE JIN-MAN/THE ASSOCIATED PRESS

People shovel away snow in front of Duksu Palace in Seoul yesterday. South Koreans slogged through the heaviest snowfall in 70 years after a winter storm dumped more than 28 centimetres, forcing airports to cancel flights and paralyzing traffic in the capital.

Couples arrested for being together

MALAYSIA Fifty-two unmarried Muslim couples face charges of sexual misconduct and possible jail terms after being caught alone in hotel rooms by Malaysia's Islamic morality police during a New Year's Day crackdown. The Shariah laws apply only to Malaysia's Muslims.

THE ASSOCIATED PRESS

News in brief

WASHINGTON U.S. Secretary of State Hillary Rodham Clinton said yesterday that internal unrest and a surge in al-Qaida activity in Yemen pose a global threat that is being met by U.S. support for the Yemeni government's efforts to fight extremists. Clinton said the situation in Yemen created risks that extended far beyond its region.

PACIFIC OCEAN Authorities flew over remote coastlines in the Solomon Islands yesterday trying to assess the damage from a large earthquake and tsunami that crashed ashore a day earlier, devastating a village. No injuries were reported some 24 hours after the biggest of a series of quakes churned a tsunami wave that was up to three metres high when it came ashore.

THE ASSOCIATED PRESS

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Comment

Gambit may backfire

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Having shown the effrontery to prorogue Parliament once again, the speculation now is that Prime Minister Stephen Harper, our supreme ruler, will take things a step further and force an election this spring.

Don't bet on that one. We won't know for sure until some polls come in, but there are indications the prorogue gambit is backfiring on him. The reaction has been demonstrably negative. Media comment boards have lit up in protest. The Globe and Mail went to the unusual extent of running a front page editorial. Conservative newspapers, normally in the prime minister's stable, have condemned the move. The Facebook group, Canadians Against Proroguing Parliament, already has 15,000 signed up.

It's become a question of how many times the people will let a leader bend a democratic system to his will before they fight back. If the prime minister doesn't take a hit in the polls on this he will feel the sting in other ways. The opposition to his methods is hardening. People are angry. When they get angry, they mobilize.

Stephen Harper

This prorogation story, which comes on top of his defying the will of Parliament by refusing to turn over documents on the Afghan detainees affair, is different from some of the other abuse-of-power stories. This one has legs. Every day Parliament's doors remain closed will serve as a reminder of what the supreme ruler did.

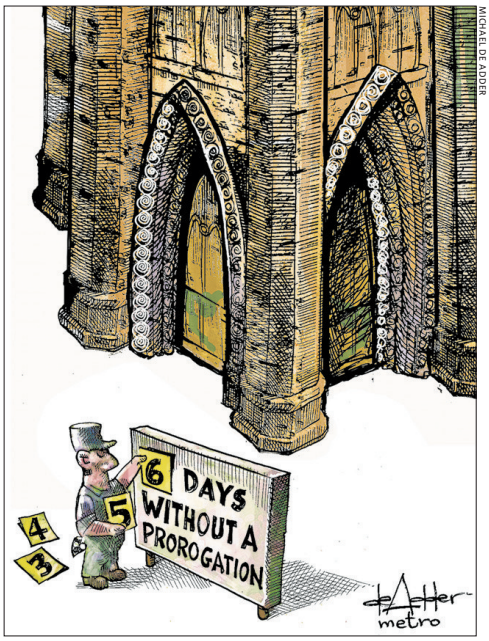
In such circumstances it's hard to see his support numbers going up enough in the next couple months for him to risk an election. Despite facing weak opposition leaders Harper has been unable to move his support level above the 40 per cent mark. Pollsters will tell you one of the reasons for the failure is his manipulative ruling style — the cold dictatorial edge. Prorogation has only served to reinforce that negative.

Harper didn't even bother to visit the Governor General to ask for prorogation this time. He simply phoned over, then had his press secretary announce it the day before New Year's Eve when the Olympic hockey team was being named and the PM's team felt that few would be paying attention.

The arrogance, the chutzpah is remarkable. Having dismissed Parliament in a hugely controversial move last year and having gotten away with it, Harper clearly feels he will get away with it again this time. Arrogant, autocratic leaders tend to be like that. They think they can get away with anything.

Eventually, they get caught.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

iMuslims: Vibrant Internet atmosphere

GlobalView
Mona Eltahawy

metronews.ca/globalview

You've seen their mugshots: A Nigerian charged with trying to blow up a plane on Christmas Day; five young American Muslims detained in Pakistan, apparently desperately seeking jihad.

You've heard they went online in search of radical imams ready to recruit every Muslim within a foot of an Internet connection.

I bet you haven't heard of these mugshots: Iranian men in chadors and headscarves.

As part of the "Men in Headscarves" campaign, Iranian men have been posting pictures of themselves wearing the head and body coverings the Iranian regime imposes on women. Their pictures have spread on Facebook and YouTube in support of Iranian student activist Majid Tavakoli.

Authorities arrested Tavakoli in December after he called for more democracy and urged students to reject "tyranny." The next day, government newspapers published pictures of Tavakoli dressed in a chador and claimed he had tried to escape arrest disguised as a woman.

Yes, violent radical groups such as al-Qaida and others have used the Internet to their advantage. That is not new.

But what is new is how young Muslims around the world have been using the Internet to challenge authority. Their exciting work is overshadowed by news of angry, young Muslims online.

Do you know of the Egyptian blogger who helped convict police officers for the sodomy of a bus driver by posting footage of the crime on YouTube? How about the Saudi woman blogger who challenges her country's restrictions on women (she is married to a former officer of the morality police, who often enforce those restrictions).

Pick up Gary Bunt's iMuslims: Rewiring the House of Islam and learn that for every online al-Qaida recruiter there are thousands more Muslims reforming Islam online. Interpretations and commentaries on the Qur'an fill the Internet and recreate the vibrant intellectual atmosphere that many Muslims lament we'd long ago lost.

I see that every day on Facebook where I have almost 5,000 friends. We argue over everything from polygamy and burqas, to being gay and Muslim. You rarely see such diverse opinions in news reports on Muslims.

Twitter is just as vibrant. An American Muslim I follow summed up the sentiments of many towards those five young American Muslims: "I say we welcome these kids home from Pakistan with a swift kick in the ass. Who's with me?"

The Internet deals a blow to radical groups by giving anyone online the chance to answer back. For every Umar Farouk Abdulmutallab, there are dozens of Iranian men taunting the regime that runs the Islamic Republic of Iran.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Worth mentioning

NASA discovers two new 'mystery' objects

NASA's new planet-hunting telescope has found two mystery objects that are too hot to be planets and too small to be stars.

The Kepler Telescope, launched in March, discovered the two new heavenly bodies, each circling its own star. Telescope chief scientist Bill Borucki of NASA said the objects are thousands of degrees hotter than the stars they circle. That means they probably aren't planets. They are bigger and hotter than planets in our solar system, including dwarf planets.

"The universe keeps making strange things stranger than we can think of in our imagination," said Jon Morse, head of astrophysics for NASA.

The new discoveries don't quite fit into any definition of known astronomical objects, and so far don't have a classification of their own. Details about the mystery objects were presented yesterday at a meeting of the American Astronomical Society in Washington.

THE ASSOCIATED PRESS

'Hot companions'

- NASA researcher Jason Rowe, who found the objects, said he calls them "hot companions." How hot? Try 14,425 Celsius. That is hot enough to melt lead or iron.

We Know What You're Thinking

65% The number of Canadians who often skip one meal a day.

IPSOS REID

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Dubai opens world's tallest building
Dubai opened the world's tallest skyscraper yesterday, and in a surprise move renamed the gleaming glass-and-metal tower Burj Khalifa. THE ASSOCIATED PRESS

Business

DOLLAR	N.GAS	OIL	TSX
US 96.02¢	US $5.88	US $81.51	11,866.90
US 0.87¢	US 31.2¢	US $2.15	120.79

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TD takes aim at low incomes

Pilot program seeks to steer assisted from payday lenders

Toronto-Dominion Bank is using an innovative pilot program that specifically targets low-income earners as new clients — a financial intervention of sorts to prevent those folks from cashing their social assistance cheques at costly payday lenders.

Canada's second-largest bank has set up kiosks in some government offices in British Columbia to reach out to these vulnerable consumers and snag them as customers just as they receive their welfare cheques.

In some cases, civil servants are now simply referring clients to the closest TD branch.

The bank initially embarked on the program — dubbed the Direct Deposit Initiative — to solve its own cheque-cashing headaches. But its experiment has yielded some pleasant surprises.

Executives found that once this previously unbanked clientele gained access to a standard bank account, the vast majority remained active and profitable customers. Some have even gotten into the habit of setting aside regular savings despite their limited resources.

"The problem has always been these clients don't typically have sufficient ID to get a bank account," said Jeff Gunn, the TD employee who developed the program. The former Kelowna branch manager recently became a regional sales manager for the B.C. Interior.

"There are very stringent rules on what ID you need and that has always been a stumbling block."

The rules on accessing basic banking services are set out in the Bank Act. To open an account, clients must generally present two acceptable pieces of government-issued identification.

Otherwise, a consumer must present one piece of ID and convince a credible person in their community to vouch for their identity.

TORSTAR NEWS SERVICE

Helping hands

- Some of Canada's biggest banks are also encouraging their broader clientele to save: Toronto-Dominion Bank is launching phase two of its TD Helps program in early 2010. The program, originally designed to help customers facing financial hardship, is being expanded to assist other clients manage their day-to-day financial affairs.

Investors play safe with savings: Survey

RECOVERY A new Scotiabank study indicates investors, still skeptical about the slow economic recovery, are increasingly holding savings in relatively conservative registered plans.

ScotiaMcLeod wealth adviser Andrew Pyle says investors are more optimistic about the economy than they were a year ago but remain uncertain about the direction the economy is going to take.

About 55 per cent of those surveyed said they have a neutral view on the economic recovery, meaning they weren't sure whether it would fare better or worse following a volatile 2009.

"They're going to be on the fence because they've seen both extremes (recession and recovery) in a very short period of time," Pyle said. THE CANADIAN PRESS

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Nikkei **Kicking off 2010**

KOJI SASAHARA/THE ASSOCIATED PRESS

Kimono-clad women participate in a ceremony to kick off this year's first trading of stocks yesterday. Japan's Nikkei stock average shot up 118.74 points to 10,665.18 an hour after the opening bell. The Nikkei Stock Average of 225 issues closed at 10,654.79 on the Tokyo Stock Exchange yesterday, up 108.35 points or 1.03 per cent.

Business in brief

TSX The Toronto stock market advanced yesterday afternoon after solid manufacturing data from the U.S. and China sent commodity prices higher. The S&P/TSX composite index was off early highs as losses mounted in the telecom and tech sectors on the first trading day of 2010. But the main index was still ahead 76.8 points to 11,822.9 as the Institute for Supply Management's U.S. manufacturing index rose to a better-than-expected 55.9 last month from 53.6 in November. Other data showed China's manufacturing sector expanded at its fastest rate in 20 months. THE CANADIAN PRESS

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.65%	1.20%	1.20%	1.00%	0.75%	1.20%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

New Year's resolutions: Consider making two lists

MoneyMatters

Q For the past two years, I have made resolutions to lose weight and save for retirement. I am in my 30s and know that saving for the future is important. How can I go about achieving this? — Randy

A Money and losing weight top the list of New Year's resolutions but three out of four Canadians fail to keep them. Managing finances and saving for retirement have become so important that the federal government is taking notice. In the last decade, "debt to income ratio" has risen from 110 per cent to nearly 150 per cent. That means more people are taking on more debt.

Resolutions for most Canadians are a "would like to do" list than a "will do" list. Write down your New Year's resolutions but consider having two lists. A "will do" list that comprises two or three things and a longer "would like to do" list. Here are some ideas for "will do" resolutions:

- Be honest with yourself. Don't fantasize about being 17 again or hum "If I had a million dollars."
- Set short-term objectives and long-term goals, such as lose 10 pounds in the next eight weeks or save $2,000 in six months.
- Be specific as to how you will reach your goals. For example, go to bank, set up new Tax Free Savings Account, use pre-authorized deposit, invest in RBC shares.
- Periodically evaluate achievements and accomplishments.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Regifting dos and don'ts

AlisonOnMoney

I know that I nattered at you before Christmas about not buying useless stuff for people who won't remember what you gave them. Most of you probably did it anyway under pressure of self-imposed guilt.

While you may be heartily sick of hearing anything to do with presents, I offer another thought to help you deal with this expensive habit as the year unfolds.

We focus on the end of year holidays as the primary gift buying extravaganza, but when you examine the rest of the year what you buy for friends, family and colleagues likely far exceeds what you spend during the festive season.

Think showers, weddings, Stag and Does, birthdays, anniversaries, graduations, baptisms, Bar and Bat Mitvahs, retirements, promotions — oh my!

Here's one way to prevent all these events from digging too deeply into your wallet. Tag and bag. Take all your unwanteds and unneeds from the holiday season and assemble a regift pile. Forget anything not properly packaged, stuff that looks like it came from the dollar store and handmade items — no matter how nice, passing them off as crafted by you is plain bad Karma.

Nix most edibles with the exception of boxed items such as an artisan honey or jam set. Oh yes, and anything dated, like calendars, is history.

Now, take careful note of who gave the regift prospect to you. Missing this step can be fatal. My husband's dear godmother once gave me a lovely glass apple ornament which I ended up handing back to her a couple of years later. I received a tart dressing down as a result.

In my regift drawer this year is a bath set that does not look like a grab and go from the corner drug store, a mouse flashlight that will delight a nephew or grandson and a charming pine candle that is too fragrant for my husband's sensitive nose.

Follow this process through the year and you will always have on hand an inventory of items that cost you nothing but, hopefully, will be appreciated by a recipient.

Alison's Money Rule:

- Start the new year off by reforming your gift-buying excesses with the help of the R mantra — Regift.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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*"I have purchased 3 properties…2 gave me money back at closing…"**

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*Results may vary and are not typical. Students have not been compensated for their stories. Students have taken various advanced trainings. Jason and Marie D. attended Wholesale Buying, Lease Option, Keys to Creative Financing, Property Management and Cash Flow, MU, Asset Protection, and Foreclosure training. Tony H. attended Lease Option Training. Additional products and services will be offered for sale. © 2009 Whitney Canada, Inc. All Rights Reserved. 09BWC0016 v1 07/09

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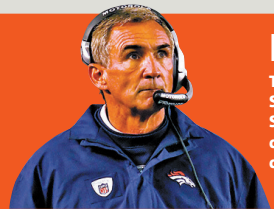
Henry didn't fall out of truck, he jumped: Fiancée
Chris Henry's fiancée says he jumped out of the back of her truck instead of falling, on the day the Cincinnati Bengal was fatally injured. Loleini Tonga told ESPN that she thinks Henry thought he would land safely and may have been scared because he saw someone calling the police. She said he didn't jump with the intention of harming himself. THE ASSOCIATED PRESS

Sports



Redskins courting Shanahan

The Washington Redskins have moved quickly in their pursuit of Mike Shanahan. The former Denver Broncos coach flew to Washington on owner Dan Snyder's plane hours after the team fired Jim Zorn. Shanahan is the team's top choice to replace Zorn, who was dismissed yesterday, a day after Washington completed a 4-12 season with a 23-20 loss at San Diego. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Gold won't come easy

Canada knows just how tough the U.S. hockey squad can be

WORLD JUNIORS PREVIEW

United States vs. **Canada**

Canada's path to a record sixth straight gold medal goes through an American team that has already given them one scare at the world junior hockey championship.

Canada will face the United States in the final tonight (TSN, 8 p.m. ET) looking to settle any question of which country has the better team after pulling out a comeback 5-4 victory in a shootout over the Americans in round robin play Dec. 31.

"It's good for us because we feel we didn't play a very good game against them the first time," said Canadian forward Brandon McMillan. "We weren't ready to play and they took it to us."

The Credit Union Centre will no doubt be as solidly behind Canada as it tries to make history by winning a sixth straight gold, as they were on New Year's Eve when the Americans came within five minutes of an upset win over their hosts.

GEOFF HOWE/THE CANADIAN PRESS

Team Canada players listen to coaches during team practice on a break in world junior hockey championship action in Saskatoon, Sask., yesterday.

The U.S. outplayed Canada for 2½ periods and took a 4-2 lead 1:01 into the third frame before Jordan Eberle scored at 10:03 and Alex Pietrangelo tied it with a short-handed goal with 4:15 left in regulation time.

It went to a shootout, where Eberle, Nazem Kadri and Brandon Kozun all scored on Jack Campbell, while Jake Allen stopped American veteran Jordan Schroeder to secure the win. Mike Lee is expected to be in goal for the U.S. in the rematch.

"Everyone thought we played really poorly, and not a lot of people respect how well the States played."
Willie Desjardins, Team Canada coach

"Everyone thought we played really poorly, and not a lot of people respect how well the States played," said Canadian coach Willie Desjardins. "They've got a real good hockey team."

It won't help that Canada will be without defenceman Travis Hamonic, who suffered a suspected separated shoulder when he was hit from behind into the boards in the final minute of Canada's 6-1 victory over the Swiss in the semifinals.

THE CANADIAN PRESS

Electronic Arts stands by Woods

SPONSOR Electronic Arts Inc. is standing behind Tiger Woods and plans to go ahead with the release this month of an online game featuring the embattled golf superstar.

EA Sports President Peter Moore says Woods is "still one of the greatest athletes in history" despite his missteps off the golf course.

Tiger Woods

He also cited the company's extensive work over the past year in developing the new game, Tiger Woods PGA Tour Online.

AT&T Inc. and Accenture have dropped their sponsorships of Woods, who is taking a break from the sport to focus on his marriage after his admitted infidelity.

EA wouldn't comment on whether plans for a new edition of the popular Tiger Woods PGA Tour console game would be affected. The franchise has raked in hundreds of millions of dollars. THE ASSOCIATED PRESS

Jets' Harris questionable for Saturday

NFL New York Jets linebacker David Harris has a sprained right ankle and his availability for the team's wild-card playoff game at Cincinnati on Saturday is uncertain.

Losing Harris would be a huge blow to the Jets' top-ranked defence. He leads the team in tackles and has five sacks and two interceptions.

Harris was injured in New York's 37-0 victory over the Bengals on Sunday.

"I'm definitely concerned, absolutely," coach Rex Ryan said.

"I know if there's any way possible to play, he's going to play. We'll see how he is."

THE ASSOCIATED PRESS

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Sports in brief

GUNS Washington Wizards star Gilbert Arenas says he took unloaded guns from his locker in a "misguided effort to play a joke" on a teammate. Arenas released a written statement after meeting with law enforcement officials yesterday.

THREE STARS Vancouver Canucks centre Henrik Sedin, Phoenix Coyotes goaltender Ilya Bryzgalov and Chicago Blackhawks right-winger Patrick Kane are the NHL's Three Stars for the month of December.

BASEBALL Jason Bay's contract with the New York Mets includes a $17-million US option for 2014 with a $3-million buyout, a person familiar with the deal told The Associated Press. The Trail, B.C., native took a physical yesterday, a necessary step to finalize the deal, and the Mets scheduled a news conference today at Citi Field to introduce Bay. METRO NEWS SERVICES

SCOREBOARD

NFL PLAYOFFS

WILD CARD ROUND
AFC
Byes: Indianapolis, San Diego
SATURDAY'S GAME
N.Y. Jets at Cincinnati, 4:30 p.m.
SUNDAY'S GAME
Baltimore at New England, 1 p.m.
NFC
Byes: New Orleans, Minnesota
SATURDAY'S GAME
Philadelphia at Dallas, 8 p.m.
SUNDAY'S GAME
Green Bay at Arizona, 4:40 p.m.

NHL

YESTERDAY'S RESULTS
N.Y. Rangers 3 Boston 2
Los Angeles at San Jose
TODAY'S GAMES
Boston at OTTAWA
Florida at Toronto
Dallas at New Jersey
Montreal at Washington
Atlanta at Pittsburgh
Calgary at Nashville
Minnesota at Chicago
Phoenix at Edmonton
Columbus at Vancouver
Detroit at Anaheim

NBA

YESTERDAY'S RESULTS
Miami 92 Atlanta 75
Oklahoma City 98 Chicago 85
New Orleans at Utah
Portland at L.A. Clippers
TODAY'S GAMES
Washington at Philadelphia
Orlando at Indiana
Chicago at Charlotte
Milwaukee at New Jersey
Detroit at Dallas
Golden State at Denver
Phoenix at Sacramento
Memphis at Portland
Houston at L.A. Lakers

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la cité collégiale
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U.S. Olympic staff to be vaccinated

More than 100 employees of the U.S. Olympic Committee are getting swine flu vaccinations before they head to Vancouver for the Winter Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

JED JACOBSOHN/GETTY IMAGES

Snowboarder Maëlle Ricker

JASPER JUINEN/GETTY IMAGES

Speedskater Christine Nesbitt

JONATHAN FERREY/GETTY IMAGES

Speedskater Charles Hamelin

JEFF MCINTOSH/THE CANADIAN PRESS

Hayley Wickenheiser, right, Jayna Hefford, centre, and Caroline Ouellette of the women's hockey team

Golden opportunities

A look at five of Canada's top medal hopefuls

If there are any doubts about whether Canada will finally snag that elusive first Olympic gold on home soil, all one needs to do is look at the numbers. At least that's the advice coming from Chris Rudge, CEO of the Canadian Olympic Committee.

"In Turin, we won seven gold medals. In the World Championships last year, we won six," said Rudge.

"Clearly, we are going to be sending the strongest Canadian team to an Olympic Winter Games that we have ever sent. I think it's reasonable to assume … that we will see many Canadians standing on the podium and we will hear our national anthem playing, symbolic of the gold, on a number of occasions."

With one month to go before the 2010 Winter Olympics, Metro looks at five of Canada's top gold medal hopefuls.

Canadian women's hockey team

In the three Olympic Games since women's hockey was introduced, the team has captured two golds and one silver. It will likely face off for the gold medal against the United States, which won the 2008 and 2009 world championships. Veteran forward Hayley Wickenheiser will vie for her fourth Olympic medal. "Hockey Canada has a goal to win three medals in Vancouver at the Olympics and Paralympics: Men's, women's and sledge hockey," said Johnny Misley, executive vice-president of hockey operations at Hockey Canada. "Anything else would be a disappointment to all Canadians."

Maëlle Ricker, snowboarder

Maëlle Ricker's Olympic dreams were nearly dashed by knee injuries, but even eight surgeries couldn't stop the North Vancouver resident from achieving 28 career podiums, including 13 victories, on the FIS World Cup Tour. She took fifth place at her first Olympics — the 1998 Nagano Games when she was 19 — and fourth in the 2006 Turin Games. In December, Ricker won gold at a World Cup stop in a snowboardcross event in Telluride, Colo.

Christine Nesbitt, speedskater

At the 2009 ISU Speedskating World Cup meet in December, Melbourne, Australia-born (and London, Ont.-raised) Christine Nesbitt won two gold medals in two days — the first in the 1,500-metre event and the second in the 1,000-metre event. In total, she has 13 World Cup gold medals, 22 silver medals and 11 bronze medals. With Kristina Groves and Cindy Klassen, Nesbitt took home a silver medal in team pursuit at the 2006 Winter Olympics in Turin.

Jasey-Jay Anderson, snowboarder

Jasey-Jay Anderson is Canada's most decorated snowboarder. The 34-year-old native of Val-Morin, Que., won four consecutive FIS Snowboard World Cup titles from 2000 to 2004 and is a four-time overall World Cup champion. On Dec. 17, Anderson took top spot in the parallel giant slalom at a World Cup snowboarding competition — his 25th career World Cup victory across all disciplines.

Charles Hamelin, speedskater

The 25-year-old native of Levis, Que., has earned a dozen medals since 2005, a silver medal at the 2006 Turin Games in the 5,000-metre relay and five medals — including three gold — at this season's World Cup events. Hamelin will compete in the 500-, 1,000-, 1,500-metre events and the 5,000-metre relay at the 2010 Winter Olympics and is considered a medal threat in each one. Mylène Croteau, manager of communications for Speedskating Canada, believes Hamelin could be the first Canadian athlete to win gold since the 1,500-metre medal rounds will be held on the first day of the Games.

METRO CANADA

To follow the progress of the Olympic torch, visit: metronews.ca

Snowboarder Jasey-Jay Anderson

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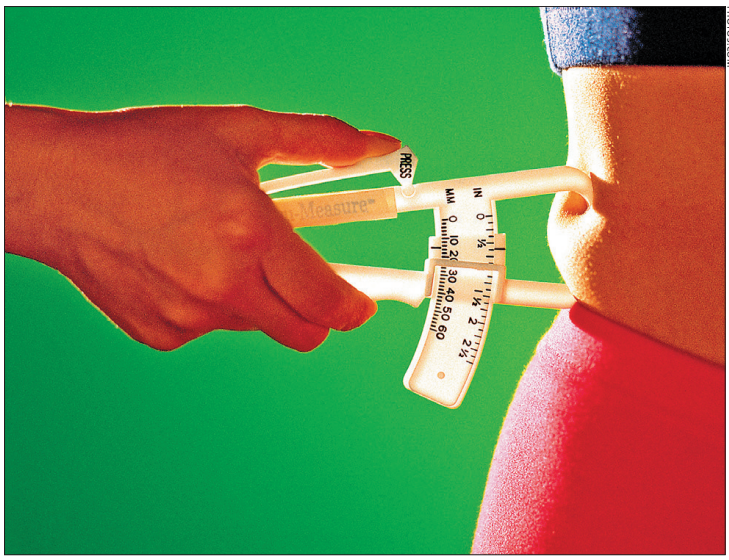
SPECIAL FOCUS ON:
New Year's Resolutions

Health & Beauty



PHOTOS.COM

Weight loss goals should be for the long run, not a quick-fix solution.

Weighing options

Losing those extra pounds begins with looking at food

CELIA MILNE
for Metro Canada

Hope to lose weight this year? Get ready to think differently about food. "Any change we make to improve our weight needs to be a lifestyle change for good, not just a quick fix," says Dr. Janine Bowring, a Toronto doctor of naturopathic medicine.

Many of us blurt out on New Year's Eve that we are determined to diet and get in shape this year. Easier said than done.

"New Years resolutions to get in shape and lose weight rarely work for the long haul. Some people even gain more weight because they overeat in the holiday season knowing that Jan. 1, they are officially starting their weight loss," says Bowring, who is author of the book The Healthy Millionaire and formulator of VitaTree Nutritionals.

"Goals for weight loss should be set for the long run, not just for a diet."

Three small achievable goals that Dr. Bowring suggests setting are:

- Eat smaller amounts regularly
- Do not skip meals
- Eat more slowly.

These can improve our digestion and decrease overeating, thus resulting in weight loss, she says.

Fitness is only half the battle when trying to get in shape.

Avoid labelling certain foods as "bad" as we tend to want more of what we can't have.

"If we can focus our attention to eating well 80 per cent of the time, the other 20 per cent can be our indulgences, without the attributed guilt that leads to overeating," Bowring suggests.

Beware of emotional eating — try not to eat differently when stressed, angry or bored.

"Skinny people tend to eat whatever they want, whenever they want. They don't feel bad about it and they also don't overeat because they feel emotionally satisfied," she says.

Bowring suggests New Year's detoxification to help you feel lighter on your feet.

- Squeeze a quarter lemon in warm water and drink first thing in the morning. This helps to get the digestive enzymes going.
- Add parsley to your salads and other dishes; it is good for the kidneys.
- Make sure you are getting enough fibre. Add psyllium to water or juice once a day on an empty stomach (1/4 tsp). Eat lots of whole grains and carrots.
- Do deep breathing exercises daily.
- Sweat it out. Regular exercise detoxifies the skin and helps you lose weight and then maintain weight.

Don't quit trying to quit smoking

CELIA MILNE
for Metro Canada

SMOKES Did you resolve to quit smoking this year? It's tough to do, but it's a very powerful factor in improving health.

Smoking kills tens of thousands of Canadians a year. It is well known that smokers have a higher risk for lung cancer. But few people realize that smoking also raises your risk of heart disease.

Nicotine is addictive. When you inhale from a cigarette, nicotine enters your bloodstream instantly and triggers release of dopamine into the brain. The brain gets used to the stimulation, and then craves it. In order to quit, you have to be ready to deal with the cravings and the withdrawal symptoms.

Here are some tips on quitting:

- Set a quit date.
- Declare that you are going to quit, by telling family, friends, and co-workers.
- Ask your doctor or pharmacist what product might help you.
- List the benefits of quitting, such as looking better and feeling better.
- Write down strategies for managing withdrawal.
- Practice how you will deal with cravings
- List your triggers

Health Tips in brief

HEART Meeting a friend for coffee? Why not go for a walk with her instead? You can receive health tips like this every week from the Heart & Stroke Foundation. The idea is to raise awareness that heart disease isn't just a problem among men. In some women, risk can be reduced by 80 per cent just by adopting a healthy lifestyle. Tips are delivered via text message, email or RSS. Sign up for Heartbeats at the-hearttruth.ca/heartbeats/ before Mar. 2 and you could win tickets to LG Fashion Week in Toronto. CELINE MILNE/ FOR METRO CANADA

The J Spot
Josey Vogels

Find the column at metronews.ca/thejspot

ADVERTISING FEATURE

YOUR DENTAL HEALTH

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IMPROVED DENTAL HEALTH – PART OF YOUR NEW YEARS' RESOLUTION TO MAKE 2010 YOUR HEALTHIEST YEAR EVER!

Another Christmas and New Years' Eve have passed us by and now it is time to live up to some of the promises we made to ourselves over the holidays. How many of you have resolved that, once the stress of the Holiday Season was over, you are going to do whatever it takes to improve your health in 2010?

Improving one's health is one of the most common resolutions made at this time of year. For many people, it starts with a trip to the doctor. Afterall, so many times we have heard that one should consult a physician before starting a new exercise routine.

May we suggest that you also include a trip to the dentist. We will obviously be very interested in the health of your teeth and gums. But the health of your mouth can be vital to determining the state of your overall health. Think of it this way…if the eyes are the windows to the soul, your mouth may be the window to your health.

The first, and perhaps most dramatic aspect we can look for is oral cancer. Nobody but your dentist will conduct as thorough an examination of your mouth to look for early signs of cancer. And we all know that early detection is key to survival.

So often, oral cancer is not detected at an early stage as many people simply fail to visit a dentist. The results of late detection can be fatal or, at the very least, disfiguring. So before worrying about exercising to lose a pound or two, let your dentist confirm that you do not have more serious health issues to worry about.

Dr. Wayne Perron
Dental Surgeon

Since getting into better shape is your goal, know that improved oral health is considered a key step to overall heart health. Regular brushing, flossing and visits to the dentist can help prevent tooth decay and gum disease. Should you overlook your oral health, you should be aware that you will increase the risk of bacteria build-up in the mouth. That bacteria could gain access to your bloodstream through your gums and ultimately could be the cause of heart disease.

Perhaps you experience frequent headaches that might interfere with your efforts at improving your health. Many headaches are caused by an improper bite which results in tension developing in the jaw. Your dentist can treat this problem and keep you feeling more clear-headed for those heavy duty workouts!

Your dentist may even be able to help you from developing rheumatoid arthritis! Researchers have discovered a link between an anti-body common in people with gum disease and those suffering from rheumatoid arthritis. Once again, brushing, flossing and regular visits to the dentist can reduce the incidence of gum disease and prevent your new commitment to health being derailed by this debilitating condition.

These are just some of the ways your dentist can help you in your commitment to improved health. But your dentist can only help if you come to his/her office first. So before starting your new routine, visit your doctor AND your dentist…because visiting your dentist is a healthy habit…and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

Filter while you sip

Fans of Brita-type filters can now tote the President's Choice Personal Water Filter Bottle ($9.99). It holds about three cups of water and filters out significant amounts of lead and chlorine as you tilt and sip. TORSTAR NEWS SERVICES

Food

A versatile condiment

With its sweet-and-sour, fruity and spicy flavours, chutney can turn ordinary meals into culinary wows. Beau MacMillan, chef and co-host of the Food Network's upcoming reality show Worst Cooks, offers these tips: 1) Use sweet chutney atop something rich, like lamb. 2) Serve it as a dip with tempura shrimp. 3) Use a red pepper and green onion chutney to flavour a ham sandwich on cheddar biscuits. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Sweet & tangy

Work some warm greens into your meals

With the decadent holiday season of eating behind us, you're probably looking to eat lighter and healthier.

Instead of pulling out the salads, try working some warm greens into your meals. For other healthy options to help you get your New Year's resolutions started, try our Healthy Choice guide at 20minutesupperclub.com

This week's meal combines steamed spinach with warm pineapple sauce and chicken to create a delicious sweet and tangy dinner that is perfect for serving to your family casually or can easily be dressed up for guests. Similar to an applesauce, the pineapple sauce gets some depth with the addition of jalapeno pepper. The flavours work well with simple broiled chicken and would also be great served with pork. If fresh pineapple is unavailable, drained canned pineapple can be used instead.

Perfect meal option for a family or dress it up for guests

To end the meal on a sweet note without the heaviness, try our "Blondie" or Butterscotch bars. Made with walnut and coconut, these heavenly bars are a perfect nutty flavour to finish the night on. - CHRISTY PENGILLY

Chicken with Warm Pineapple Sauce and Steamed Greens

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp honey
- 1 Tbsp plus 1 tsp fresh limejuice
- 1 Tbsp reduced sodium soy sauce
- 1 tsp olive oil
- 4 (4oz) chicken breasts
- 1 1/2 cup diced fresh pineapple
- 1 tsp finely chopped jalapeno pepper
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 lb spinach, about 2 bunches
- 1 tsp fresh lemon juice
- 1 tsp unsalted butter, optional

METHOD:

1. Preheat broiler to high. Line a broiler pan or rimmed sheet pan with tinfoil and set aside.
2. In a small bowl, combine 1-tablespoon honey, 1-teaspoon limejuice, 1-teaspoon soy sauce and olive oil together and mix well. Transfer chicken to prepared pan, season with salt and pepper and brush each breast with honey mixture. Broil chicken until cooked through and golden brown on top, about 10 to 12 minutes
3. Meanwhile, in a blender, combine pineapple, 2-tablespoons honey, 1-tablespoon limejuice, 2-teaspoons soy sauce, jalapeno pepper and salt together. Puree until frothy and smooth. Pour pineapple mixture into a nonstick pan and set over medium-high heat. Cook pineapple mixture, stirring occasionally, until sauce caramelizes and thickens, about 5 minutes. Remove from heat and set aside.
4. Meanwhile, set a steamer basket over a pot of boiling water. Add spinach, cover and cook until wilted and tender, about 3 minutes. Remove from steamer basket; add lemon juice and season with salt and pepper. Add butter, if desired. Serve chicken with steamed spinach and warm pineapple sauce as a garnish.

PHOTO BY CARLO MENDOZA

Chicken with Warm Pineapple Sauce and Steamed Greens.

Butterscotch Bars

MAKES 24-48 BARS
PREP TIME: 15 MINUTES
COOKING TIME: 30 MINUTES
RECIPE DEVELOPER: CLAIRE STUBBS

INGREDIENTS:

- 1 cup unsalted butter
- 4 cup brown sugar
- 4 eggs
- 4 Tbsp vanilla extract
- 2 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 cup chopped walnuts
- 1 cup unsweetened, shredded coconut

METHOD:

1. Preheat oven to 375°F. Line an 11- x 17-inch sheet pan with parchment paper. Tip: Put a dab of butter in each corner of pan to stick paper down and keep it in place.
2. In an electric mixer, cream butter and sugar together. Add in eggs one by one and then vanilla.
3. Sift together dry ingredients and add to butter mixture, mixing until just combined. Mix in nuts and coconut.
4. Spread batter out in pan as evenly as possible. Bake for 15 minutes, rotate 180 degrees and continue baking for another 15 minutes. Do not over bake.
5. Cool in pan and then cut into bars or squares.

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

My predictions

Well, here we are again folks: Another new year and another new decade. I can't think of a better way to celebrate than making a few wine predictions aimed at the next 12 months.

My crystal ball says that the popularity of Argentina will continue this year. The red malbec grape will still reign supreme, but I expect torrontés (a spicy white grown in the country's northern vineyards) to rock your world. Viognier (another pepper white grape) will also get its well-deserved due with wines like Chile's **Cono Sur 2008 Viognier** ($9.95 - $11.99) offering fresh, floral aromas and soft, leachy-like flavours that work great with food.

Over to red, shiraz (yes, shiraz) will make waves with its international personality thanks to great new wines from Argentina, Chile, Canada, France and South Africa loosening Australia's grip on the grape.

Though there aren't too many undiscovered countries left to, well, discover; Portugal will rule 2010 with non-fortified wines such as **José Maria da Fonseca's 2006 Periquita** ($7.95 - $11.49). Cheap and layered with savoury wild berry fruit, it's a grill-friendly red that only hints at the variety of wines the Portuguese have to offer.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

McConaughey welcomes new daughter

Matthew McConaughey is a daddy again. McConaughey and girlfriend Camila Alves welcomed a baby girl Sunday , the 40-year-old actor wrote on his website. Vida Alves McConaughey weighed in at seven pounds, six ounces. TVGUIDE.COM

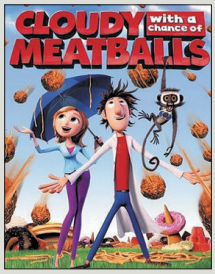
Entertainment

Light of Day

Michael Jackson fans have a reason to celebrate. An unreleased track, called Another Day, has popped up on the Internet. The track appears to be a duet with Lenny Kravitz. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



Cloudy With a Chance of Meatballs

Directors: Phil Lord, Christopher Miller

DO YOU WANT fries with that? Do you mind if they fall out of the sky?

That's the premise of this tasty animation about a nerdy scientist who discovers a way to turn raindrops into food.

It's based on a 1978 children's book by the same title, but co-writers and co-directors Philip Lord and Chris Miller have expanded the story and made it more like a parody of a disaster movie. Tired of living on the sardines that are the sole food of his island home, Flint Lockwood (Bill Hader) designs a device that drops an all-you-can-eat buffet from the sky.

It's a dream come true for his hungry fellow inhabitants and also for ambitious TV weathergirl Sam Sparks (Ana Faris) — until the day comes when some pasta makes them all run fasta.

There are equal servings of fun and fright in this clever comedy, which comes with side-dish sermons about the sin of greed and the wisdom of accepting yourself as you are. The supporting voice cast is quite the smorgasbord of delights, including James Caan, Mr. T., Bruce Campbell, Andy Samberg and Neil Patrick Harris.

Peter Howell/for Metro Canada

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Family business

Father-son detectives team for Republic of Doyle

IAN JOHNSTON
for Metro Canada

The new CBC mystery/drama Republic of Doyle does make you wonder — are there really private investigators in Newfoundland?

"You know, it's funny, but yeah, there are. In doing the research, we ran into a couple of guys," says series creator Allan Hawco, who also stars as Jake Doyle, the younger half of a family-run P.I. firm operating out of St. John's, N.L.

"And even a father and son team working, which we never expected, but there it was."

Not that Newfoundland P.I.s get into as much trouble as the older and younger Doyle. In the series, Jake and father Malachy (Sean McGinley) are always finding themselves on the wrong side of the bad guys, the cops, women, their extended family, and the law.

Republic of Doyle premieres tomorrow on CBC

"We wanted to keep with what PIs here usually do — like serving papers or car repos. That's their bread and butter. And it's the same on the show. But when they do that stuff on the show, it tends to get them involved with bigger things."

Bigger things being murder. Or drugs. Or arson. Or a particular persistent graffiti artist.

Newfoundland native Hawco — whose credits include TV's ZOS and H2O – says he didn't base the show on any specific old detective series.

Still, Republic of Doyle does reference '70s TV gumshoes like Banacek and the father-and-son team on The Rockford Files.

"I watched them all growing up. But with Republic of Doyle, we tried to keep it modern, keep it real," says Hawco, who wrapped filming on the first season on Dec. 22.

"Though we wanted to keep in that sense of Newfoundland humour, we take the subject serious. It can be funny, but it's not a joke."

If anything, Republic of Doyle provides a great showcase for St. John's itself, which figures prominently in the series.

"It's certainly a major character in the show," he says. "And though it was the first one-hour drama ever done in Newfoundland, the community was nothing but supportive."

Allan Hawco plays private investigator Jake Doyle on the new CBC mystery/drama series Republic of Doyle.

	DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/5/10		265	353	2	TVO	Great Canadian Parks		The Agenda With Steve Paikin		East West 101 "Atonement"		Story of Maths		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS "Ignition" (N)		NCIS: Los Angeles (N)		The Good Wife "Infamy"		News Hour
		-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Trauma (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
		209	342	6	CHRO	Degrassi: Next	TMZ (N)	*Air Force One* ★★★ (1997, Suspense) Harrison Ford, Gary Oldman, Glenn Close.						Comedy Now
		196	311	7	CTV	etalk	Access H.	*Blades of Glory* ★★★ (2007, Comedy) Will Ferrell.				Law & Order: Special Victims		CTV News
		208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Ron James: Manitoba Bound		CBC News: The National		The Hour
		-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser Strenuous bike challenge. (N)				The Jay Leno Show (N)		News
		117	713	10	TVA	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	Ca pourrait nous arriver	
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		-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Ignition" (N)		NCIS: Los Angeles (N)		The Good Wife "Infamy"		Two/Half Men
		216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		The Biggest Loser Strenuous bike challenge. (N)				The Jay Leno Show (N)		News
		115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
		218	345	18	CHCH	*Teen Sorcery* ★★ (1999, Adventure) A.J. Cook, Craig Olejnik.				*Expect No Mercy* ★ (1995, Science Fiction) Billy Blanks.				News at 11 (N)
		-	361	20	ABC	Action News	Entertainment	Scrubs	Better Off Ted	Scrubs	Better Off Ted	the forgotten (HDTV) (N)		News
		512	396	24	CPAC	(5) Dossier public (SC)		Heure polit.	L'Heure politique				Tête-à-tête	Podium
		651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Foot. Pregame	(8:15) College Football FedEx Orange Bowl -- Georgia Tech vs. Iowa. (HDTV) From Miami. (Live)						
		-	-	64	PBS	Business Rpt.	Winterlude-25	Nova (N)		This Emotional Life "Facing Our Fears" (N) (DVS)				Charlie Rose
		205	312	104	CTV	etalk	Access H.	*Blades of Glory* ★★★ (2007, Comedy) Will Ferrell.				Law & Order: Special Victims		CTV News
news		502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
		500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports		406	417	27	net	MMA Conn	NHL Hockey Boston Bruins at Ottawa Senators. (Live)					Sportsnet Connected (HDTV)		Prime Time
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family		411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
		417	406	59	SC	Pass Time	Pass Time	Monster Jam (HDTV) (N)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
		554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		551	542	65	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
cable variety		570	580	29	MM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
		615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Ghost Stories
		628	584	32	SPKE	UFC Unleashed		UFC Unleashed		MANswers	MANswers	MANswers	MANswers	MANswers
		521	560	34	TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple	Little Couple	Cake Boss
		145	761	35	TV5	Zoom animal		Francofolies 2008			Acoustic	ADN	Nouva	TV5 Le Journal
		616	521	39	SHO	Relic Hunter		*Maternal Obsession* (2008, Suspense) Nichelle Tom.				Drop Dead Diva "Pilot"		NCIS
		620	523	40	BVO	Bruce Cockburn		Live at the Rehearsal Hall		Jessye Norman Jessye Norman's life.				Law & Order
		520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill (N)		Daily Planet
		575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	This Is It
		601	562	45	SLC	Rich Bride, Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
		625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Jerry Maguire* (1996, Romance-Comedy)		
		600	564	49	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Because You Left"		Medium (HDTV)		Fringe		Stargate SG-1
		581	566	53	MTV	Peak Season	After	Cribs	Parent Control	16 and Pregnant		Teen Mom		MTV Live
		618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
		522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients Behaving Badly		Crime Stories
		129	773	60	CD	Biographies "Kate Winslet"		Ondes de choc		Images-chocs		Preuves à l'appui (HDTV)		Destr Expr
		261	394	61	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted	Benmergui-Isr	Poltergeist
		602	567	62	W	Supernanny		Dine With Me	Good Naked	How to Look Good Naked		How to Look Good Naked		Look Good
		269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	*Commando* ★★ (1985, Action) Arnold Schwarzenegger.				Fish Out of
		621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV)		The Dr. Oz Show (N)		TMZ
		603	561	95	FN	Ricardo	Exotic	Dinner: Impossible (N)		The F Word (N)		Good Eats	Good Eats	Restaurant

critics' corner

How to Look Good Naked
Canada

We now have our own home-grown edition of the popular reality series in which women unhappy with their bodies learn to be comfortable in their own skin. Hosted by former "etalk" reporter Zain Meghji, each episode chronicles the journey of one woman as she learns to stop focusing on her flaws and love her body. 10 PM on 62 W

NCIS: Los Angeles

A petty officer's death leads the team to a teenager in Sam's life who may have a connection to terrorist activity. Hetty is concerned about the effect that the workload has on the team in the new episode "Breach." 9 PM on 13 CBS 3 GTV

Story of Maths

If anyone can make math interesting, it's Marcus du Sautoy, a professor of mathematics at the University of Oxford. In this new series, he takes viewers on a journey through the history of math with stops in the Middle East, China, India and elsewhere. 10 PM on 2 TVO

Man, I'd take out a full page ad

Though they're not openly acknowledging their reported romance, Chris Pine and actress Olivia Munn definitely looked "on" at The Woods in Los Angeles. The casually dressed couple held court in the back of the dimly-lit bar, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Beatty denies book claim

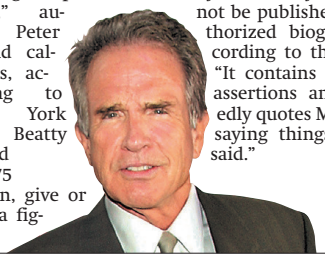
MEANWHILE, ON *JERSEY SHORE*, THERE HAVE BEEN REPORTS OF IMPROMPTU BEATTY SHRINES Warren Beatty's legendary gold crown for womanizing is about to get some added polish, with this week's publication of Star: How Warren Beatty Seduced America — though the 72-year-old star has already issued a statement though his attorney to refute the book's claims, people.com reports.

"Using simple arithmetic," author Peter Biskind calculates, according to New York Post, Beatty bedded "12,775 women, give or take, a figure that does not include daytime quickies, drive-bys, casual gropings, stolen kisses and so on."

But in a statement to the Huffington Post, Beatty's attorney, Bertram Fields, denies that the book — which the Post reported was authorized — was, in fact, sanctioned by the actor.

"Mr. Biskind's tedious and boring book on Mr. Beatty was not authorized by Mr. Beatty and should not be published as an authorized biography," according to the attorney. "It contains many false assertions and purportedly quotes Mr. Beatty as saying things he never said."

METRO NEWS SERVICES



Boyle has Cowell crush

SORRY, SUSAN, YOU'D HAVE TO SHARE HIM WITH HIS EGO Susan Boyle is looking for love in 2010, dedicating the whole year to finding herself a worthy partner — and she wants him to be like Simon Cowell, femalefirst.co,uk reports.

The single 48 year old, who claims never to have been kissed, shot to fame last year and subsequently turned down the chance to look for love on a TV dating show, following a string of offers from producers.

But Boyle admits she's determined to fill the new year with romance, and will spend her time searching for her perfect companion.

She tells Britain's News of the World newspaper, "I now dream about the perfect man. Women just want the security of a nice man and somebody to love you."

When asked what she is looking for in a partner, Boyle admits she has a liking for her Britain's Got Talent mentor, Simon Cowell.

She adds, "I owe so much to him. He knows I have a soft spot for him. Simon (is) my kind of (man)."

METRO NEWS SERVICES

Sheen's mother-in-law confirms death threats

GUESS WHO'S NOT COMING TO DINNER? Despite claiming in a 911 call Christmas morning that Charlie Sheen tried to kill her, Brooke Mueller may be trying to work things out with the actor, 44, usmagazine.com reports.

"She hasn't spoken with him," Mueller's mother, socialite Moira Fiore, tells E! News. "But she wants to reconcile with him."

Although she suspects the two are trying to work things out, "I have mixed emotions about it," Fiore says, adding that Mueller, 32, "won't listen" to what she has to say on the matter.

In Mueller's Dec. 25 911 call, she alleged that Sheen told her, "Your mother's money means nothing, I have ex-police I can hire who know how to get the job done (kill her) and they won't leave any trace."

METRO NEWS SERVICES

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Stephen Sondheim

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Kate cites 'overindulgence' as reason for missed flight

HER 7-YEAR OLD DAUGHTER NOW OFFICIALLY MORE MATURE Kate Moss paid quite the price for missing a flight the day after Christmas. She and three friends reportedly lost $32,000 US worth of plane tickets to Thailand because she'd overindulged the day before on "turkey and all the trimmings, booze and Christmas pud," a source tells the Daily Mirror.

Fortunately, Moss and company were apparently able to rebook, as the supermodel was spotted just before New Year's with her boyfriend on a Thai beach.

METRO WORLD NEWS

Campbell denies she's broke

WHAT ABOUT MORAL BANKRUPTCY? Naomi Campbell's representative has dismissed rumours the supermodel is set to file for bankruptcy, calling the reports "completely untrue," femalefirst.co.uk reports.

The supermodel who has been in talks to front her own fashion-orientated reality TV show was recently hit by allegations of financial problems."

METRO NEWS SERVICES

Spice Girl regrets tattoos

SPOTTY SPICE Mel C regrets having tattoos, femalefirst.co.uk reports. The former Spice Girls singer admits she finds it difficult to go unrecognized, particularly when on holiday, because her 11 pieces of body art are so distinctive.

She said: "I do regret a bit having them done. Especially when I'm on the beach. Or when I'm hoping to be incognito and I can't take my coat off in the sweltering heat because everyone will know it's me when they spot them."

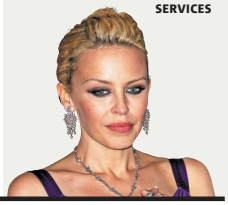
METRO NEWS SERVICES

Celebrity tweets

Rivers Cuomo is arguing semantics, Kylie Minogue has big plans for 2010, and Lindsay Lohan is resolute.

- @riverscuomo The expression "gays and lesbians" doesn't make sense because lesbians are gay.
- @kylieminogue Some of my NY resolutions are .. to live with full emotion, to follow my heart, to love love love, to be healthy, positive and creative.... AND make my 11th studio album one you will all *!*o*v*e*!!!!!
- @lindsaylohan To answer everybody's question...My new years resolution is to stop letting the lucky few that have my heart try2constantly tear me down.

METRO NEWS SERVICES



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Thursday Variable -3° / -12°

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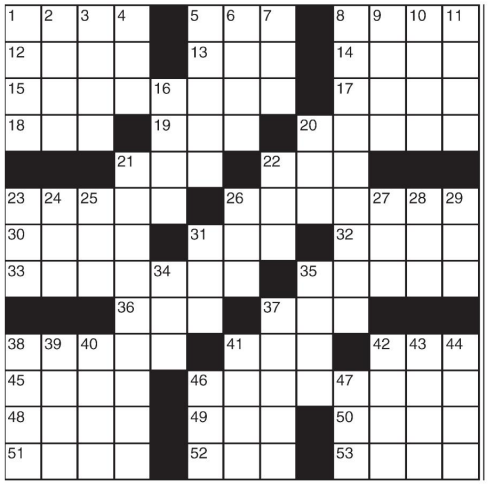
Take Five



ACROSS

1 Anthropologist Margaret
5 Gullible one
8 Doorframe piece
12 Killer whale
13 Sine — non
14 "Birthplace of Aviation"
15 England's Uncle Sam
17 "— Free"
18 Sugar suffix
19 Disencumber
20 Vessel in icy waters
21 Poke
22 Snapshot
23 Noble title
26 Black leopard
30 Baldwin or Guinness
31 Enjoyment
32 "The Music Man" setting
33 Mr. Pike of peak fame
35 Clan emblem
36 Bagel topping
37 Coffee break hour
38 Summarize
41 "Indeed"
42 Adversary
45 Smell
46 Riding breeches
48 Pickle flavor
49 Toss in
50 Break suddenly
51 Remain
52 Festive
53 One way to stand by

DOWN

1 Voodoo charm
2 Cupid's alias
3 Rue the run
4 Newsman Rather
5 Filler news item
6 "— Lang Syne"
7 Chum
8 Form of protest at work
9 "Hey, swabbie!"
10 Actress Sorvino
11 Hit on the noggin
16 Cereal choice
20 Family
21 In a playful way
22 Skillet
23 Movie director Luhrmann
24 Hearty brew
25 Confederate soldier
26 Play on words
27 Spicy
28 One of a lamb's parents ...
29 .. .and the other
31 "Family Guy" network
34 Prune
35 New Age musicmaker John
37 Cohort of George, Tom and Abe
38 Scepters
39 Tend texts
40 Pop flavor
41 Luke's mentor
42 Treasury
43 Exam format
44 Catch sight of
46 Binge
47 Omega preceder

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1			5		
6		3		7			1	
5			6			2		
		2		4	6			5
	4						6	
3			9	5		8		
		6			3			9
	1			6		4		2
		8			9			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

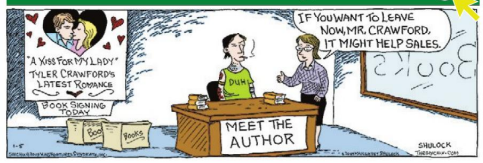
O	D	D	■	■	B	R	A	■
M	O	R	T	■	O	E	R	■
S	T	A	R	■	W	A	G	■
K	E	B	A	B	■	M	O	H
■	■	■	N	A	B	■	T	R
M	A	R	S	H	A	L	■	S
A	R	A	M	■	T	A	N	■
R	I	G	I	D	■	S	I	L
V	A	S	S	A	R	■	L	E
■	■	■	S	M	U	G	■	D
K	I	W	I	■	N	O	D	■
E	C	H	O	■	O	R	E	■
N	E	O	N	■	N	E	W	■

M	A	Y	A	■	■	■	■	■
I	D	E	S	■	■	■	■	■
S	O	P	H	■	■	■	■	■
■	■	■	■	■	■	■	■	■
T	R	I	F	L	E	■	■	■
S	O	L	E	D	■	■	■	■
N	E	E	D	■	■	■	■	■
S	I	L	V	E	R	Y	■	■
L	E	I	■	■	■	■	■	■
D	E	C	O	Y	■	■	■	■
J	A	V	A	■	■	■	■	■
O	M	A	N	■	■	■	■	■
E	L	K	■	■	■	■	■	■

2	1	3	5	6	9	4	7	8
4	6	5	3	7	8	1	9	2
9	7	8	1	2	4	5	3	6
5	4	6	7	9	1	8	2	3
1	8	9	4	3	2	7	6	5
7	3	2	8	5	6	9	4	1
3	9	7	2	8	5	6	1	4
8	2	4	6	1	7	3	5	9
6	5	1	9	4	3	2	8	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Family Shepherd's Pie

INGREDIENTS:

1 lb (500 g) lean ground beef
1 onion, finely chopped
1 large carrot, peeled and grated
1 celery stick, finely chopped
1 tbsp (15 ml) tomato paste
1 tsp (5 ml) Worcestershire sauce
1 tsp (5 ml) mixed herbs
11/3 cups (325 ml) hot beef stock
1 tbsp (15 ml) all-purpose flour
2 lb (1 kg) potatoes, peeled and cut into chunks
63/4 tbsp (100 ml) 1% milk, warmed
2 tbsp (25 ml) butter

METHOD:

1. Heat large, heavy-based pot until hot, then add ground beef and vegetables; fry, stirring occasionally to break up lumps, until lightly browned all over.

Meanwhile, stir tomato paste, Worcestershire sauce and mixed herbs into stock. Sprinkle flour over beef and vegetables.
2. Stir stock into ground meat. Bring to boil, then reduce heat, cover and cook gently 15 minutes. Season to taste.
3. Meanwhile, cook potatoes in boiling water until tender. Drain then mash with warmed milk and butter. Season. Preheat broiler to medium.
4. Spoon meat mixture into large, warm ovenproof dish. Spread mashed potatoes over top and fluff with fork. Put under broiler to brown lightly and crisp top.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Your mind is a powerful tool and if you think only positive thoughts today something remarkable is sure to happen.

TAURUS ♉
APRIL 21-MAY 21
Someone from a different background or with a different outlook on life will make a big impression on you today.

GEMINI ♊
MAY 22-JUNE 21
Other people will respond well to you today, so well in fact that you may be tempted to ask for something you would not expect to get at any other time.

CANCER ♋
JUNE 22-JULY 22
You will have to deal with a relationship issue today, but as Mercury and Venus join forces in your opposite sign the omens are good that you can work it out.

LEO ♌
JULY 23-AUG 23
Don't let other people's criticism get you down. The only reason they are having a go at you is because they envy your abilities.

VIRGO ♍
AUG 24-SEPT 22
There is good in everybody, no matter how disagreeable some people may seem when you first meet them. What happens today will convince you of that.

LIBRA ♎
SEPT 23-OCT 23
There is no point signing up for something you are unlikely to enjoy, so be brave and say No when asked to get involved in an activity you have no interest in.

SCORPIO ♏
OCT 24-NOV 22
Today's Venus-Mercury link means you can charm the birds from the trees. Even rivals and enemies will be well disposed to you over the next 24 hours,

SAGITTARIUS ♐
NOV 23-DEC 21
You don't lack for courage and confidence but if you are going to be successful in your endeavors you need a third ingredient: common sense.

CAPRICORN ♑
DEC 22-JAN 20
It does not matter how busy you may be at the moment, you must find time to have fun. Your sign urges you to get out into the world.

AQUARIUS ♒
JAN 21-FEB 18
There is someone you want to get close to, maybe for romantic reasons or maybe because you believe they can help with your ambitions.

PISCES ♓
FEB 19-MARCH 20
Try to keep your aims within reason, because if you allow a flight of fancy to carry you away it could be a considerable blow to your ego.

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This day in history

1914: The Ford Motor Company announces an eight-hour workday and a minimum wage of $5 for a day's labor.
1976: Cambodia is renamed Democratic Kampuchea by the Khmer Rouge.
1993: Washington state executes Westley Allan Dodd by hanging (the last legal hanging in America).
1996: Hamas operative Yahya Ayyash is killed by an Israeli-planted booby-trapped cell phone.
2005: Eris, the largest known dwarf planet in the solar system, is discovered by the team of Michael E. Brown, Chad Trujillo, and David L. Rabinowitz using images originally taken on October 21, 2003, at the Palomar Observatory.

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+Taxes & other fees (including service charges): $218

Turks & Caicos
Comfort Suites • 2 1/2★
Continental breakfast
Junior suite–Run of the house
Jan. 11 & 18 • 1 wk.
$799
+Taxes & other fees (including service charges): $218

Jamaica
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Jan. 23 & 30 • 1 wk.
$999
+Taxes & other fees (including service charges): $266

Punta Cana via Toronto
Gran Bahia Principe Ambar, Don Pablo Collection • 5★
All-Inclusive • Junior suite
Jan. 10, 17 & 24 • 1 wk.
Adults only
PRIVILEGES
$1299
+Taxes & other fees (including service charges): $316

Royal West Indies Resort • 4★
Studio botanical view
Jan. 11 & 18 • 1 wk.
$1139
+Taxes & other fees (including service charges): $218

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Jan. 23 & 30 • 1 wk.
PRIVILEGES
$1469
+Taxes & other fees (including service charges): $266

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Feb. 7, 21, Mar. 7 & 21 • 1 wk.
$1499
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Ixtapa / Zihuatanejo via Toronto
Tesoro Ixtapa • 3 1/2★
All-Inclusive • Deluxe rm.
Jan. 16, 23 & 30 • 1 wk.
$899
+Taxes & other fees (including service charges): $282

Punta Cana via Toronto
Majestic Elegance Punta Cana • 5★
All-Inclusive • Junior suite
Jan. 10, 17 & 24 • 1 wk.
$1159
+Taxes & other fees (including service charges): $316

Occidental Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal Hideway Spa
Feb. 7, 21, Mar. 7 & 21 • 1 wk.
PRIVILEGES
$1649
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

DEAL to EUROPE

London
Royal National Hotel London • 3★
Breakfast
Standard rm.
Feb. 4 & 5 • 3 nts.
$487
+Taxes & other fees (including service charges): $395

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Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Montreal
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Feb. 14 • 1 wk.
$1059
+Taxes & other fees (including service charges): $262

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Meliá Puerto Vallarta • 4★
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PRIVILEGES
$829
+Taxes & other fees (including service charges): $284

Punta Cana via Toronto
Meliá Tropical • 4 1/2★
All-Inclusive
Deluxe junior suite
Jan. 10, 17 & 24 • 1 wk.
$1199
+Taxes & other fees (including service charges): $316

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